



Iowa Child and Adult Care Food Program

Handy Guide to Creditable Foods

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa CACFP to help assure good nutrition for all participants.
2. This is a partial listing of creditable foods for children one year of age and older and adult participants.
3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.
4. Centers and sponsors of child development homes may make additional restrictions at their discretion. Home providers may contact their sponsor with questions regarding specific foods or quantities.



Milk and Milk Products

1. Milk must be served as a beverage or over cereal. Milk used in cooking may not be credited.
2. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
3. Participants must be served milk at breakfast and lunch/supper unless an exception statement from a medical authority is on file stating the nature of the problem, listing foods to avoid and alternate foods to be substituted. Serving milk in adult care suppers is optional.
4. A separate meal pattern and reimbursable foods list is available and should be followed for infants. CACFP requires that breast milk or iron fortified infant formula be fed until the infant's first birthday. In Iowa, current child care center licensing standards require whole milk, formula or breast milk for children under 2 years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow's milk after the first birthday. A diet statement is needed to serve formula at or after 13 months of age.

Creditable

Acidified milk (acidophilus)
 Buttermilk, cultured milk or kefir
 Cow's milk, flavored or unflavored including chocolate
 Skim, non-fat or fat free, reduced fat or low fat (1%, 2%), whole
 Cocoa – made from fluid milk
 Goat's milk
 Lactose reduced milk
 Milkshakes – only the milk portion
 Soy milk – only if an exception statement is on file and the
 nutrients are similar to cow's milk
 UHT milk – ultra high temperature (self stable) cow's milk

Non creditable

Cocoa mix made with water
 Coffee creamers
 Cream
 Cream sauce
 Cream soup
 Custard
 Dry milk
 Eggnog
 Evaporated milk
 Half and half
 Ice cream
 Ice milk
 Imitation milk
 Pudding
 Pudding pops
 Raw milk (certified or uncertified)
 Reconstituted dry milk
 Rice milk
 Sherbet or sorbet
 Sour cream
 Soy milk, beverage or drink
 Yogurt – creditable only as a meat alternate
 for children ages 1-12 years.



Meat and Meat Alternates

1. Meats and meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or peas, and yogurt. Meats must be inspected by the appropriate health authority. This is a partial list only. A combination of two or more meat/meat alternates may be served at the same meal to total the required serving size. In breaded products, only the meat portion is counted.
2. Meat and meat alternates must be served in the main dish, or in the main dish and one other item.
3. At least ¼ ounce or ½ Tablespoon of meat or meat alternate must be served to count as part of the required serving.
4. Cooked dry beans or peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.
5. Nuts or seeds may be used for up to ½ of the required serving size of the meat/alternate requirement in lunch and supper.
6. The best way to determine the amount of meat alternate in commercial combination foods such as canned or frozen stew, beef-aroni, pizza, pot pie, ravioli or breaded meats like chicken nuggets, or fish sticks is to get a Child Nutrition (CN) label, or a product analysis sheet from the manufacturer (not a distributor or sales person). If you cannot determine the meat/alternate content, additional sources of creditable meats or meat alternates may be added to supplement the meal. If an item is homemade, the recipe should show the amount of meat/alternate.
7. Shell fish or nuts may produce food intolerances, especially among preschool or adult participants.

Creditable

Beef jerky – high cost¹ ○
 Canadian bacon ○
 Cheese – natural or processed ○
 Cheese food, spread or substitute
 2 oz. = 1 oz. meat alternate ○
 Corn dogs - only the hot dog counts as meat ○
 Cottage cheese, ricotta cheese
 ¼ c. or 2 oz. = 1 oz. meat alternate
 Dried peas, beans, lentils, refried beans, soy beans
 (canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
 Eggs – cooked, including deviled eggs
 Fish and shellfish – cooked, count only meat portion
 Fish sticks – must be at least 60% fish
 Frankfurters – must be all meat, no cereal or extenders ○
 Liver, kidney, tripe
 Lunch meat ○ – must be all meat, no cereal or extenders
 (includes bologna, ham, liverwurst, pepperoni, turkey ham, turkey roll)
 Meat analogs²
 Peanuts, nuts, seeds, soybeans¹
 Peanut, nut, soy or seed butter – regular or reduced fat¹
 Pizza – creditable if CN labeled or homemade and the amount of meat and cheese is documented.
 Quiche – only the meat, cheese or egg portion ○
 Sausage, Polish, knockwurst, Vienna sausage ○
 Soups – must be home made with at least ¼ oz. or equivalent of meat/meat alternate per serving to credit
 Soy cheese³
 Spare ribs – only lean meat portion ○
 Turkey bacon, if CN labeled ○
 Vegetable protein/meat protein mixtures²
 Yogurt – plain, flavored, low fat, unsweetened or sweetened
 ½ cup or 4 ounces = 1 ounce meat alternate
 minimum serving is ¼ c.

○ Limit use, since may be high in salt and/or high in saturated fat.

Non creditable

Acorns
 Bacon-bits, imitation bacon
 Bacon – as in BLT sandwiches
 Canned cheese sauce
 Cheese product or imitation cheese (Velveeta)
 Chestnuts
 Coconut
 Cream cheese - regular, light (Neufchatel cheese) and fat free
 Eggs – raw or undercooked
 Fish – home caught
 Frozen commercial yogurt products and bars
 Game – venison, squirrel, fish etc.
 Ham hocks
 Home canned meats, home slaughtered meats
 Imitation meats and meat alternates (e.g., cheese, crab, frankfurters, shrimp, etc.)
 Oxtails
 Pigs' feet, neck bones, tail bones
 Pot pies – commercial
 Potted, pressed or deviled canned meat
 Powdered cheese – as in boxed macaroni and cheese
 Salt pork
 Scrapple
 Sizzlean
 Soup – commercial canned
 Spam
 Tofu, tempeh, seitan
 Yogurt covered fruits, nuts
 Yogurt – homemade

¹ Choking risk to those under 4 years and the elderly.

² Meat analogs may be up to 100% non-meat protein, and must have a CN label or manufacturer's statement showing the product meets USDA requirements.

³ Soy cheese may have soy protein and/or casein and must have a CN label or a manufacturer's statement showing that the product meets USDA requirements.

Fruits and Vegetables



1. Most fruits and vegetables are creditable. Serve a variety and use fresh to add texture and nutrition.
2. All commercial juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled "juice", "full strength juice", "100% juice", "single strength juice", "juice from concentrate" or "reconstituted juice" are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
3. At least ½ cup (2 Tablespoons) of fruit or vegetable must be served to each participant in order to count it toward meeting the minimum serving size requirement.
4. Juice may count up to ½ of the total fruit/vegetable requirements for lunch or supper.
5. Juice may not be served for snack if milk is the only other required food served.
6. Two forms of the same food (e.g. apples and apple juice) are not creditable in the same meal.
7. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.

Creditable

Apple cider – must be pasteurized
 Baby carrots
 Dried peas, beans, lentils, baked beans, refried beans, soy beans (canned or cooked from dry) count as vegetable or meat/meat alternate, but not both at the same meal.)
 Chopped vegetables in home made casserole, stew¹
 Coleslaw
 Cranberry juice blend – if a blend of full strength juices
 Cranberry sauce – made with whole cranberries (not jellied)
 Dehydrated vegetables – use when re-hydrated
 Dried fruit – apricots, dates, figs, prunes, raisins
 Frozen juice bars – must be made with 100% fruit and/or juice
 Fruit cobbler, crisp¹
 Fruit cocktail – counts as one fruit
 Fruit or vegetable in gelatin or pudding¹
 Fruit pie filling - ½ cup filling = ¼ cup fruit
 Fruit sauce – homemade¹
 Juice, full strength
 Juice blends – if a blend of full strength juices
 Juice concentrates, reconstituted
 Kiwi fruit
 Mixed vegetables – counts as one vegetable
 Mushrooms
 Olives¹ 🍷
 Onion rings^{1, 2} 🍷
 Pickles¹ 🍷
 Pimentos¹
 Pizza sauce or tomato sauce¹
 Potatoes
 Potato skins
 Salsa (all vegetable plus spices)
 Soup (tomato or veg) – if commercial, 1 c. soup = ¼ c. veg.
 Spaghetti sauce¹
 Tomato paste – 1 Tbsp. = ¼ c. vegetable
 Tomato puree – 2 Tbsp. = ¼ c. vegetable
 Tomato sauce – 4 Tbsp. or ¼ c. = ¼ c. vegetable
 Vegetable juice blend (e.g., V-8 juice)
 Water chestnuts

🍷 Limit use, since high in salt.

Non creditable

Apple butter
 Banana chips, commercial
 Barbecue sauce
 Chili sauce
 Coconut
 Corn chips
 Dry spice mixes
 Frozen fruit flavored bars, popsicles
 Fruit "drink"
 Fruit flavored syrup or powder
 Fruit in cookies or grain bars – (e.g., Fig Newtons, grain bars)
 Fruit in commercial fruited yogurt
 Fruit leather, fruit rollups, fruit shapes
 Fruit flavored canned punch (e.g., Hawaiian Punch)
 Fruit flavored ice cream
 Fruit syrup – from canned fruit
 Gummy fruit candy
 Home canned fruits and vegetables
 Hominy
 Honey, syrups, jam, jelly, preserves
 Jell-O, gelatin
 Juice cocktails (e.g., cranberry, grape, etc.)
 Juice drink
 Ketchup, condiments and seasonings
 Kool-Aid
 Lemon pie filling
 Lemonade
 Nectar (e.g. apricot, peach)
 Orangeade
 Pizza, commercial² (amount of sauce is insufficient - unless more is added)
 Pop tart filling
 Popsicles – commercial
 Posole
 Potato chips, potato sticks
 Pudding with fruit – commercial
 Raw sprouts
 Sherbet, sorbet
 Tang

¹ Must have a minimum of ¼ c. fruit or vegetable per serving. Only the fruit or vegetable portion counts.

² If a commercial product, must have a CN label or manufacturer's specification on file or added fruit/vegetable to supplement the product.



Grains and Breads

1. The grain/bread must be whole grain or enriched or made from whole grain or enriched meal and/or flour, bran or germ. Cereals must be whole grain, enriched or fortified. Enriched means the product conforms to the FDA's required levels of added iron, thiamin, riboflavin, niacin and folic acid.
2. Use the meal pattern, the *Grains/Breads Serving Size Chart* and the serving size on the product Nutrition Facts label together to determine the amount to serve. (Do not use the serving size directly off the label.) A "cheat sheet", provided on the back of the *Grains/Breads Serving Size Chart*, gives common grain/bread serving sizes for the CACFP. Save product labels and keep your own list of amounts of frequently used grains/breads. Provide ½ serving for ages 1-5 yrs. and 1 serving for 6 yrs. to adult.
3. The minimum amount a food item can contribute is ½ serving.
4. Children need nutrient dense foods. Dessert may not be credited as a grains/breads at lunch. Sweet foods should be limited and may not be served more than twice a week at snack.
5. To credit homemade grain/bread recipes or products made from mixes: 1) cut the product into uniform servings, weigh a serving and compare it to the *Grains/Breads Serving Size Chart* or 2) divide the total weight (in grams) of all creditable grains in the recipe by 14.75. This is the number of grain/bread servings in the recipe. Divide by the number of servings the recipe yields to get the number of grains/breads in one serving.

Creditable

Bagel
 Banana, carrot, pumpkin, zucchini bread
 Boston brown bread
 Bread pudding¹ – if homemade (HM)
 Breeding or batter on meats - if CN labeled or amount is known
 Bread sticks, hard⁴ or soft
 Bread stuffing¹
 Cake, cupcakes^{2,3}
 Cereal – dry or cooked, 6 gm. of sugar or less is recommended
 Cereal bars^{1,2}
 Chips⁴ – grain based, enriched or whole grain
 Chow mein noodles³
 Cinnamon roll³
 Coffee cake³
 Cookies, brownies⁵ or bars^{2,3}
 Corn pone, hoecake
 Corn tortillas
 Couscous
 Crackers⁴
 Cream puff shells²
 Crepes
 Croissants³
 Croutons⁴
 Doughnuts^{3,3}
 Dumplings
 Egg roll skins, won ton wrappers
 English muffins
 Fig bars (only the cookie part)
 Fruit crisp or cobbler crust^{1,2,5,3}
 Fry bread³
 Gingerbread
 Graham crackers
 Grain fruit bars, granola bars^{1,3}
 Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
 Granola cereal^{1,4}
 Grits
 Hushpuppies³
 Ice cream cones⁵

☞ Limit use, since may be high in salt and/or high in trans or saturated fat.

Johnny cake
 Macaroni, noodles, spaghetti and other pasta shapes
 Macaroni in boxed or homemade macaroni and cheese
 Pie crust or shell⁵ ☞ (dessert pies², or in main dish pie)
 Pita bread
 Pizza crust
 Popovers
 Pretzels, soft and hard⁴
 Pop tarts, toaster pastries (only the crust)^{3,5}
 Puff pastry with main dish³
 Quick breads like biscuits, cornbread, muffins
 Rice cakes⁵
 Rice pudding^{1,2}
 Scones
 Snack crackers⁴
 Sopapillas
 Spoon bread
 Sweet rolls, buns, pastries^{3,3}
 Taco or tortilla shells⁴
 Tortillas
 Turnover crust^{3,3}
 Vanilla wafers (plain cookies)³
 Waffles
 Wheat germ, bran

Non creditable

Caramel corn
 Hominy
 Nut or seed flour
 Popcorn
 Potatoes, potato pancakes
 (potatoes are credited as a vegetable, not as a grain)
 Potato chips, potato sticks
 Tapioca

¹ Only the amount of bread, flour, meal or grain counts.

² may serve for snack.

³ May serve for breakfast and snack.

⁴ Hard, dry foods may cause choking.

⁵ Serving size probably not reasonable.

Grains/Breads^{1, 2} Serving Size Chart

Grain bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

<p>Group A 1 serving = 20 gm or 0.7 oz 1/2 serving = 10 gm or 0.4 oz</p> <ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Crackers (saltines or soda crackers and snack crackers) • Croutons⁷ • Pretzels (hard)⁷ • Stuffing, bread portion (dry)⁷ • Rice Cakes 	<p>Group D 1 serving = 50 gm or 1.8 oz 1/2 serving = 25 gm or 0.9 oz</p> <ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Toaster pastries⁴ (unfrosted)
<p>Group B 1 serving = 25 gm or 0.9 oz 1/2 serving = 13 gm or 0.5 oz</p> <ul style="list-style-type: none"> • Bagels • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)⁷ • Taco or tortilla shells⁷ • Wonton wrappers 	<p>Group E 1 serving = 63 gm or 2.2 oz 1/2 serving = 31 gm or 1.1 oz</p> <ul style="list-style-type: none"> • Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts⁴ (cake and yeast raised, frosted or glazed) • French toast • Grain fruit bars⁴ • Granola bars⁴ (with nuts, raisins, chocolate pieces and/or fruit) • Sweet rolls⁴ (frosted) • Toaster pastries⁴ (frosted)
<p>Group C 1 serving = 31 gm or 1.1 oz 1/2 serving = 16 gm or 0.6 oz</p> <ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<p>Group F 1 serving = 75 gm or 2.7 oz 1/2 serving = 38 gm or 1.3 oz</p> <ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴ <p>Group G 1 serving = 115 gm or 4 oz 1/2 serving = 58 gm or 2 oz</p> <ul style="list-style-type: none"> • Brownies³ (plain) • Cake³ (all varieties, frosted) <p>Group H 1 serving = 1/2 cup cooked (or 25 gm dry)</p> <ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown) <p>Group I 1 serving = 3/4 cup or 1 oz, whichever is less</p> <ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold dry)^{5, 6}

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed only for snacks. ⁴ Allowed for snacks and for breakfasts.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals may be whole-grain, enriched, or fortified. ⁷ Choking risk.



How much to serve?

Common Grain/Bread Servings

Read labels and look for lower fat, salt and sugar choices.

Some foods listed are not appropriate for younger children or elderly due to risk of choking.

Food	Serving Size		Cost* full serving
	1-5 yr	6 yr-adult	
Animal crackers-store brand	5	9	.08
Bagel – 3 oz.	1/6	1/3	.08
Bread – store brand	½ slice	1 slice	.02
Cereal, cooked – store brand	¼ c.	½ c.	.03
Cereal, Cheerios	⅔ c.	¾ c.	.15
Cheez-it snack crackers	9	18	.16
Chips Ahoy cookies	3	6	.34
Corn Chips – store brand, yellow round	5	10	.08
Ritz snack crackers	3	6	.10
English muffin – split	1/4	½	.06
Fish crackers	19	36	.19
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.21
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.07
Grain/fruit bars – Nutrigrain	1	2	.77
Granola Bar, with chocolate chips – Nutrigrain	1¼	2¼	1.12
Granola Bar, plain – Nature Valley	⅔	1¼	.52
Toaster Pastry, plain (52 g)	½	1	.21
Toaster Pastry, frosted (50 g)	⅔	1¼	.27
Pretzels – store brand			
Ring – small	6	12	.06
Ring – large	3	5	.06
Stick	12	23	.06
Saltines – national brand	4	7	.08
Saltines – store brand	4	7	.04
Oyster cracker –store brand	26	51	.04
Teddy grahams – plain	10	20	.18
Tortilla – fajita size	1/2	3/4	.06
Triscuits	3	6	.16
Vanilla Wafers – national brand	4	8	.29
Wheat Thins	6	11	.14
Wheatsworth	4	7	.23

*Approximate prices at Fareway in central Iowa, 3/05. Instead of counting out crackers, you can put the correct amount in a measuring cup and scoop the same amount for everyone.



Fruit & Vegetable Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks ½" x 4"	6 sticks = ½ cup 3 sticks = ¼ cup
Baby Carrots	1 lb = 10- ¼ cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks	6 sticks = ½ cup
½" x 4"	3 sticks = ¼ cup
Cucumber sticks ¾" x 3"	6 sticks = ½ cup 3 sticks + ¼ cup
Lettuce (bag)	¼ cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes	
Cherry	5 halves = ¼ cup
¼" slices	2 slices = ¼ cup
Fruit	Yield
Apples (125-138 ct)	½ apple = ½ cup
Bananas (regular)	½ banana = ¼ cup
Juice (12 oz. can concentrate)	12 – ½ cup servings 8 – ¾ cup servings
Juice (46 oz. can)	11 – ½ cup servings 7 – ¾ cup servings
Oranges (138 ct)	1 orange = ½ cup

Crediting Grain/Bread Recipes

Grain Product	Weight of 1 cup (grams)
Cheerios	28 g
Corn Chex	30 g
Corn Flakes (crushed)	80 g
Rice Chex	33 g
Rice Krispies	24 g
Corn meal (regular)	122 g
Cake flour ¹	111 g
All purpose flour ¹	125 g
Bread flour ¹	123 g
Whole wheat flour ¹	120 g
Oats (uncooked)	81 g

¹ Unsifted flour, spooned into measuring cup

Homemade Recipe Example: Cornbread

The grain items in the recipe are 1 cup of cornmeal and 1 cup of all purpose flour.

1. Total the grams of grain in the recipe

1 cup corn meal = 122 g
+ 1 cup flour = 125 g
Total = 247 g grains

2. Divide the total grain by the grams of grain needed to make one serving (14.75 grams).

247 ÷ 14.75 = 16.7 servings of grain in the recipe

Serves 16 school-aged children (6-12 years) and 32 children ages 1-5. You may serve more if desired.

